



Charlene Krise and Arnold Cooper Re-elected at General Body Meeting



Charlene Krise (Third Council Member) and Arnold Cooper (Vice Chair) were both reelected for three-year terms during the annual General Body Meeting held on May 1st.

Congratulations Council Members!

Summer Youth Application Deadline is June 4, 2010!

It's that time of year again to begin recruitment of Squaxin Island Tribal Youth who desire summer employment with Squaxin Island Tribe. If you are a Squaxin Tribal member between the ages of 16 and 21 and are interested in working for six weeks this summer, please contact Astrid Poste in Human Resources to get an application. You must submit an application even if you participated in the program last year.

The six weeks of employment will begin on Tuesday July 6th and will run through Friday, August 13th.

If you would like assistance with completing your application, writing a cover letter or doing a resume, please attend one of the Application workshops scheduled to take place on June 1st from 3:00 – 6:00 p.m. in the Tribal Center Lunchroom.

Please note all applicants for Little Creek Casino Resort will be asked to attend the application workshop. To complete required Gaming Licensing paperwork.

Your application must be submitted by June 4th so that we have time to find positions for all who complete the application process. Applications received after June 4th will be considered only if positions are still available.

Squaxin Preference will be exercised in the hiring of these positions in accordance with the Tribe's Personnel policies. If you have questions about this program, feel free to contact Astrid Poste at (360) 432-3865.

Continued on Page 3

NWITC Receives 4th in a Row (Almost Impossible) "Zero Recommendations" from National Accreditation Board

Northwest Indian Treatment Center has achieved the impossible! For the 4th time in a row, it has scored "zero recommendations (for improvement)" from the Commission on Accreditation of Rehabilitation Facilities (CARF).

Jami Tisdale, both a NWITC chemical dependency counselor and national CARF surveyor, served as the center's lead contact person throughout the accreditation process this year.

"I have only seen one other zero recommendation in my career," she boasted. "Four in a row is unheard of. Its a statement about our standard of excellence!"

Only about a dozen states mandate accreditation, which is good for three years, but NWITC seeks it voluntarily, Jami said.

CARF's 500+ page survey manual of conformance standards addresses, in great detail, just about everything, including finance, health & safety, administration, risk management, strategic planning, technology and treatment program services.

"Its pretty intense," Jami said. "We work really hard all the time to make sure we are meeting CARF standards. We don't just spruce things up for their visit."



Before issuing a final report, CARF surveyors meet with patients (both current and graduates, in both residential and outpatient programs), staff and referents, such as DSHS and IHS.

CARF is especially interested in NWITC's success in dealing with generational trauma and grief & loss. "Those issues aren't always part of basic treatment plans," Jami said. "But we specialize in dealing with those issues."

NWITC's cultural aspects also make programs unique, offering drumming, sweat lodge ceremonies, beading and numerous other traditional activities.

According to CARF's web site, "accreditation signals a service provider's commitment to continually improving services, encouraging feedback, and serving the community."

Jami has visited numerous tribal treatment facilities across the nation as a CARF surveyor and has brought their best practices home and applied them to NWITC programs. She also taught chemical dependency courses through Northwest Indian College.

"Its all about the patients," Jami said. "They are the ones benefiting from our meeting a high standard of excellence. The patient is our first priority. That's everyone's philosophy, and that's why our program works! Its a team effort. The success belongs to each one of us."

Jami was especially thankful for the assistance she received from the center's director, June O'Brien, and her administrative assistant, Judy Johnson. "Judy's database is impeccable," Jami said. "She has every policy, procedure and document filed and cross-referenced. She's amazing. So comprehensive!"

For more information, contact Jami at jtisdale@squaxin.us.

Sgwi' Gwi 2010
June 4th @ Events Center
Come support our students!!!



TSquaxin Island
TRIBAL NEWS



Makah (NEAH BAY) 7/19

Launch Canoes from Arcadia on July 8th
Host Other Canoe Families @ Squaxin Rez July 7th
 (Subject to Change)



**EXPERIENCE
THE CANOE
JOURNEY**

**OPEN INVITE
TO ALL
NEWCOMERS!**

Makah 2010

Journey to the Beginning of the World
ANNUAL INTERTRIBAL CANOE JOURNEY 2010

HOSTED BY THE MAKAH TRIBE

CANOE LANDING ON JULY 19,2010
POTLATCH PROTOCOL JULY 19th-24th

**THE SQUAXIN ISLAND TRIBE
WILL DEPART FOR NEAH BAY
ON JULY 8, 2010**

THE SQUAXIN ISLAND CANOE FAMILY
IS OPEN FOR ANY NEWCOMERS

**IF YOU NEED TO TAKE TIME OFF FROM WORK
REQUEST TIME FROM JULY 5th TO JULY 26th**

For More Information Contact Jeremiah George
Office: 360.432.3968 Cell: 360.229.0547 jgeorge@squaxin.nsn.us

SU	M	TU	W	TH	F	SAT
				1	2	3
4	5	6 Birch Bay	7 LUMMI SQUAXIN	8 SAMISH NISQUALLY	9 SWINOMIS H PUYALLUP	10 PENN Cove MUCKLE- SHOOT
11 TULALIP SUQUAMISH	12 N. Sound canoes Join S. Sound Canoes at: SUQUAMISH	13 PT. GAMBLE	14 Pt. TOWNSEND	15 JAMESTOWN	16 ELWHA	17 ELWHA
18 PILLAR Point	19 NEAH BAY!	20	21	22	23	24
25	26	27	28	29	30	



Summer Youth

Continued From Page 1

Stepping Stones: Sign Up Deadline is June 4, 2010
For Squaxin Youth AGE 13-15

Youth will participate in group projects, which promote the development of accountability, work ethics, and pride in the community. This hands on model will encourage Tribal youth in learning a multitude of transferable skills they can apply to later employment for Squaxin Island Tribe or elsewhere.

If you are a Squaxin tribal youth who is going to be 13 – 15 years old by July 1, 2010 and are interested in participating in this program, please call Astrid (360) 432-3865 in Human Resources to leave your contact information. We will want to provide you with additional program information – some changes have been made to the program that we want you and your parents to be aware of. Please be ready to provide the following:

- Name
- Address
- Phone number
- Date of birth
- Squaxin Island Enrollment number
- T-shirt size

To assist us with the planning and to ensure you get a t-shirt, please stop by or call by June 4, 2010 Employment Applications are not required for Stepping Stones.

Parents: To provide an initial opportunity for training in the employment application process, please encourage your youth to call or stop by on their own, rather than calling on their behalf.

Who Are They?



For the answer, see Page 15

**19TH ANNUAL
VETERANS POW Wow
JUNE 4,5,6 2010**
FREE ADMISSION!

Master of Ceremonies - Ray Fryberg Sr.
Arena Director - Sonny Eagle Speaker
Headman Dancer - Tony Sheldon
Headwoman Dancer - Roselle Fryberg
Whipman - Chuckie Fryberg
Host Drum - Eagle Warrior

**The Tulalip Tribes
Community Center / Gym**
6700 Tulalip Beach Road
Tulalip, Washington 98271

Arts & Crafts
Space Available

Schedule:
Grand Entry: June 4th @ 7pm
Grand Entry: June 5th @ 1pm & 7pm
Dinner: June 5th @ 8pm
Grand Entry: June 6th @ 1pm

All drums welcome!

For more information contact:
Frieda Williams 360.716.4220 or 425.754.0656
Art Contraro 360.716.4862
Gene Zackuse 360.716.4860

Not responsible for theft or injuries. No Drugs or Alcohol

Congratulations Dad!
Well done. We know you'll continue to
strive for our tribe!



We love you always!
All of your rugrats!

Attention Bagley Family

There will be a Bagley Family Reunion Saturday, Aug. 14, 2010
I have not decided where to have this event yet, so please watch for more information.



Any comments/questions,
please contact
Gloria J. Hill 360-229-9276
Or Kiat58@yahoo.com



June 2010 All Company Update

By: Tyson Kruger, IEI Marketing

Business Hours: Tues. - Thurs. 2 p.m. - 6 p.m.

Don't forget to reserve your space for this month's Business Plan Class and Readiness Workshops!



Want to Turn Your Skill or Idea Into a Viable Business?

We offer a Business Training Program to Help People with Limited Incomes Start and Sustain Businesses!

Learn to:

- Explore Your Business Idea
- Write Your Own Business Plan
- Learn Financial Planning & Marketing Skills

FREE Orientation - Call for information!

The **Orientation** is a free, one-hour meeting which provides information about our Business Training Program, entrepreneurial support services and our organizations. It is also a time to gain some knowledge about prospective participants, answer questions and provide introductory materials.

Business Readiness Workshop

This workshop provides to those who are interested in starting or enhancing a small business the information they will need to decide whether they want to participate in our classes. We will look at what is required to launch a new business—risks, costs and rewards—and the commitment and hard work necessary to succeed in the Business Training Program and eventually in business.

Learn More/Register Online!
www.enterpriseforequity.org

Or call:

Ta-Qwo-Ma Business Center

Phone: (360) 462-0339

Email:

sgott@ieinc.org

In Shelton, WA

Orientation Dates are:

Friday May 21st 12:00 Noon

Wednesday June 9th 5:00 PM

Business Readiness Workshop

June 18th & 19th

A **Full Training** will begin in September.

A microloan fund is available for successful graduates of the training.

Training



Enterprise for Equity is a community supported nonprofit serving people with limited incomes who want to start a business.



We have an exciting summer coming up at the Kamilche Trading Post family of retail stores!



June 25th The Landing's Start Your Summer Off with a BANG!
Customer Appreciation Day
2 p.m. - 6 p.m.



KTP Express 1 Year Anniversary
(Can you believe it's been open a year?!)
Kick-Off the Boating Season at KTP Express
July 1st from 2 p.m. - 6 p.m.

Kamilche Valley Fireworks Promo
July 2nd
2 p.m. - 6 p.m.

Kamilche Trading Post,
Skookum Creek Tobacco & LCCR
Bring you for the 6th annual
Black Lake Regatta
July 9th

Come see the boats at KTP, win a ride!
July 10th & 11th race viewing
Evergreen Shores Park



NOW OPEN WEEKENDS!

Our Barista's are excited to offer you your weekend-wake-me-up.

The KTP Espresso is now open!
6:00 a.m. - 6:00 p.m. 7 days a week!
Stop By and meet your new Barista!



NOW OPEN!!

The Kamilche Valley Market is now open!
Friday-Sunday
10:00 a.m. and 6:00 p.m.!

Interested in having a space to sell your goods? Please contact Stephanie at the Business Development Center to get more information!
360-462-0339



Skookum Creek Tobacco Factory Store Now Open!
Mon. - Fri. 9 a.m. to 3 p.m.

Located at Skookum Creek Tobacco manufacturing facility

Squaxin Tribal members can receive a carton discount on Skookum Creek Tobacco products





Walking On Teresa Krise

Teresa Ann Krise, a beloved Squaxin Island tribal member, died at her home in Brady on Friday, April 30. She was 55.

She was born April 18, 1955 in Shelton to Ramona Krise and Gary Corcoran.

She worked as a cashier, clerk and commercial fisher, and in law enforcement with the Puyallup Tribe and pull-tabs at Little Creek casino Resort.

Her interests were beading, crocheting, collectables, gambling and Bingo. She was a member of the Assembly of God.

She is survived by common-law husband Albert Hensler of Brady; daughter Aerial Krise of Shelton; sons Rodney Krise Casey Brown, Gary Brown. Thomas Castellane Jr., Samson Castellane, Taylor Wiley and Derrick Wiley, all of Shelton; brothers Allen Mosier and Robert Koshiway Jr., both of Shelton; sisters Viola Thomas, Brenda Thomas and Mary Mosier, all of Shelton; mother Ramona Mosier of Shelton; father Gary Corcoran of Key Center; and 20 grandchildren, all of Shelton.

*The family of Teresa Krise
would like to thank everyone in the community
for their love and support.
Thanks to everyone who helped in so many ways.
You are all appreciated and loved
more than we could ever say!!!*



Hello, Squaxin Island community!

My name is Mellissa Shaffer. I'm a student at The Evergreen State College, and will be graduating this summer in organic farming. I'm currently working for Creation Organics, formally known as Wright Brothers Industries, located off Old Olympic Highway. Creation Organics is known for their organic soil that is very rich in nutrition. It contains everything plants are looking for, like American peat moss, peat moss, worm castings, agricultural lime and pumice. Creation Organics uses the best products available to ensure your planting success!

I would like to let the community know about our greenhouses. There are well over 4000 square feet in the greenhouses, and we also have plants growing outside. We have heirloom and unique varieties. All of our produce has high nutritional content and is chemical and pesticide-free. We started growing our vegetables in January this year, so there are many ready for harvest in addition to our starts.

Available Now:

Carrots, butter lettuce, green and red loose lettuce, chard, kohlrabi, salad greens, kale, beet greens, parsley, broccoli and chives

June:

Strawberries, cabbage, flowers (edible too), cauliflower, cilantro, peas, purple kohlrabi, dill, onions (white and red), beets, radish and everything listed above

Mid-Summer:

Tomatoes, peppers, basil, summer squash, cucumbers, green beans, Danish cabbage, red cabbage, garlic, zucchini, romaine lettuce, eggplant, raspberries and purple and yellow carrots

Hanging baskets will be available as well!!!

We also offer fresh picked boxes! Great for the Elders. You can just give me a call or email me and I can have your fresh picked box ready the day you want it! Boxes contain 4 tomatoes, 1 bunch of carrots, a bunch of chard, 1 bunch of kale, 1 loose red leaf lettuce, 1 loose green leaf lettuce, 2 onions, 2 peppers, 1# peas and 1 bunch of parsley. You are more than welcome to request to have more of a particular vegetable in your box.

If you would like to stop by for a tour, I would be more than willing to show you everything we have or answer any questions you might have about what we are growing. So just remember we have fresh high nutritional, vegetables that are chemical and pesticide-free! Feel free to email me for more information or just stop on by. We are open Monday-Saturday 8 a.m. to 5 p.m.

mellissashaffer@hotmail.com
1-866-432-9655

Thank you and hope to see you!



Public Budget Hearing
June 2 @ 4:00
Council Chambers

Sgwi' Gwi 2010
June 4th @ Events Center
Come support our students!!!



LEARNING CENTER



EDUCATION:

Sylvan
After-School Tutor (Homework Central)
GED

Monday - Thursday 4:30 - 7:30
Monday - Wednesday 4:00 - 5:00
Monday - Wednesday 5:00 - 7:00

RECREATION:

Rec. Center, Teen Center, Skill Building, Open Gym
(Fun, Games, and Club)
Monday-Friday 3:00 - 7:00

HIGHER EDUCATION:

Assistance with FAFSA forms, college enrollment,
scholarships, Squaxin Higher Education applications

Monday - Friday 8:00 - 5:00

SQUAXIN ISLAND POOL

Open Swim
Mondays & Wednesdays 3:00 - 6:00 p.m.
Fridays 5:00 - 8:00 p.m.
Saturdays 1:00 - 4:00 p.m.



Squaxin Youth Education, Recreation and Activities

All activities are Drug, Alcohol and Tobacco Free!!
Co-Sponsored by DASA
TLC Hours 8:30am-7:30 pm Phone: 432-3958



June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Office Hours 8:30-5:00 Recreation 3:00-6:00 Sylvan M-Th 4:30-7:30 M,T,W: Homework Help 4:00-7:00 GED Prep 5:00-7:00	Snacks served daily 4:00 - 5:00 in Rec Room (sandwiches, fruits, veggies, juice...)	1	2	3 Lushootseed Reading Research Team Group Activities/Games	4 13 th Annual Sgwi-gwi Celebration, Events Center 5:00pm	5
6	7 TLC/GYM CLOSED Staff Training No Sylvan, GED, or afterschool activities	8 TLC/GYM CLOSED Staff Training No Sylvan, GED, or afterschool activities	9 TLC/GYM CLOSED Staff Training No Sylvan, GED, or afterschool activities	10 CHOICE Graduation Lushootseed Reading Research Team Group Activities/Games	11 Group Choice	12 SHS Graduation
13	14 Lushootseed Art Knitting Class Arts/Crafts	15 Wa He Lut-Last Day of School - Graduation Lushootseed Games Group Activities/Games Research Team	16 Knitting Class Griffin Early Release 2:15 Gardening	17 Shelton School District Last Day of School Lushootseed Reading Research Team Group Activities/Games	18 Group Choice Father's Day Mariners Game	19
20	21 Griffin Last Day of School Lushootseed Art Knitting Class Arts/Crafts	22 Lushootseed Games Group Activities/Games Research Team	23 Knitting Class Griffin Early Release 2:15 Gardening	24 Lushootseed Reading Research Team Group Activities/Games	25 Group Choice	26
27	28 Lushootseed Art Knitting Class Arts/Crafts	29 Lushootseed Games Group Activities/Games Research Team	30 Knitting Class Griffin Early Release 2:15 Gardening		Happy Birthday to all those born in June	Notes:



Way To Go Derick!

Derick Hunt, part of the Squaxin Island community for over 17 years, is nearing the end of a life-changing journey that began less than two years ago. Along with the graduating class of 2010, on June 13, Derick will receive his Associates of Technical Arts degree in welding from Olympic College.

Derick hopes his achievement will inspire other to consider welding, overcome any self-doubt and enroll in the welding program. Although it wasn't easy, Derick took every class, every test, every paper and his attendance very seriously. The hardest part, he said, was the first step - believing in yourself. His determination to finish what he started kept him going, completing his requirements in less than two years, all while maintaining a 3.4 GPA. Derick may even make the Deans List. Either way, his family and friends want to congratulate him on this awesome achievement. We are proud of you!

NOTE: Derick wants people to know how helpful the teachers and staff are at Olympic College and if anyone wants information or help in how to get started, let him know.



New Employee



Jolene Peters CHR

Hi, I'm Jolene Peters. I have been hired as the new Women's Wellness CHR. I am a Squaxin Island tribal member and grew up on the reservation. I am really excited to serve the tribal community in this position. I have a background in health care and feel very passionately about early detection and women's health.

I have an 8-year-old son, Austin, who I devote my life to. I love my family very much, and am proud of each and every one of them. God bless you and I'm excited to see you around . . . especially on Mammogram Day!!



Request For Qualifications: Videographer

The South Puget Intertribal Planning Agency, a consortium of five Tribes located in Shelton, WA is seeking a videographer to fill a contract with the SPIPA Colon Health Program to develop three videos for Public Education. The successful candidate will fulfill a contract in production and editing of video for Public Health Education with a focus of Tribal Community Wellness in Prevention Programs, specifically the Colon Health Program.

Desired Qualifications:

The Contractor shall furnish camera(s), flash/strobe, camera filters and all other material, labor, transportation, etc to provide photographic and video graphic services. Video graphic services include electronic production and post production of moving images on electronic media (e.g., videotape, hard disk, or solid state storage, streaming media). For the purpose of this project, videography includes operating the camera as well as visual design of a production. The videographer is responsible for editing video in consultation with SPIPA program staff. Final formats of videos and related products must be compatible with viewing devices available at the community level including including web-based video and video viewable on a DVD player. The Videographer must have current knowledge and experience editing and formatting videos for multimedia and must be willing to share samples of previous materials.

—The contract period commences when filled and runs until June 30, 2011. Selected contractor will work with the SPIPA Colon Health Program Coordinator and the seven Tribes participating in the project. Requirements to Qualify: documented experience and abilities in producing professional quality videos for Tribes and Tribal communities. Indian Preference applies. Deadline for submissions is June 1, 2010 at 4:00 P.M. Please send curriculum vitae of to Bobbie Bush, Colon Health Program Coordinator, SPIPA, 3104 SE Old Olympic Hwy., Shelton WA 98584. Please see the SPIPA Website at www.spipa.org





What's been happening at MLRC these past few Months?

We've had a few family members come in to create button robes for their graduates! Congratulations to all GED, high school and college graduates! As, you can see, our MLRC staff has been keeping quite busy! Keep your eyes on the Daily Scoop, the bulk mail and the Klah-Che-Min for more events coming up!

JUNE 26TH: Mandy will be back with her beading workshop

JULY 7TH AT 1:30 Bring your children in and let Zeke take them away on a grand Native style adventure!!!



We have also been busy with drum making classes!

Our language instructor, Zeke, was kind enough to tell a story to a 7th grade tour from Sunrise Beach School

How about harvesting? Yes, we did some nettle and cedar harvesting!!!

Bead classes too, by Mandy McCullough!

The Squaxin Island Museum Library & Research Center held 2 drum making classes back to back. Originally I was only going to hold one class, but because I had so many people interested, I opened another class the next day! I want to thank Herb Johns, Wes Whitener & Jake Smith for all of their help. It would have been impossible without them!

As always keep an eye and ear out for other classes we may hold here at the Squaxin Island Museum Library & Research Center. You may call or email Ruth Whitener at 432-3841 or ruth.whitener@squaxin.us

ḫ'w'abəb

Please come join us

for a morning of storytelling

Zalmai ḡəswəli "Zeke" Zahir will be telling traditional stories of the Puget Sound region in both Lushootseed and English. Lushootseed or Puget Salish is the ancestral language of Puget Sound. It is the language of this land. Come hear how these stories of animals and cultural characters was originally told.

Date: July 7, 2010

Time: 1:30

Place: Squaxin Island's Museum, Learning and Research Center (MLRC)





Museum and Library Hours of Operation

Tuesday open by appointment Only
Wednesday - Saturday: 9:00 a.m. - 5:00 p.m.
Sunday: 1:00 p.m. - 5:00 p.m.
Call (360) 432-3839 for closures



This basket is from the Cook Collection currently displayed at the MLRC.

If you have any questions about the Cook collection, basket storage or exhibits at the MLRC, please contact the MLRC Curator Mandy McCullough (360) 432-3843

If you missed the Native American Art Exhibit at The Kenneth J. Minnaert Center for the Arts Gallery you can now view the art at the Squaxin Island Museum. There are Artists from the Squaxin Island Tribe, as well as other Tribes on the Northwest Coast and beyond. This is a temporary display that covers much of the museum. Please come by and enjoy the new changes.



Feather Rattle by Jodie Smith
Chehalis Tribal Member



Basket by Elizabeth Yeahquo
Squaxin Island Tribal Member



Totem Pole Carving
Eagle with Bear holding Salmon
By David Wilson
Lummi Tribal Member

Tips for Properly Storing Baskets to Ensure Longevity

1. Avoid high light levels. Excessive light can cause fading and deterioration of materials.
2. Avoid excessive humidity. Humidity can cause mold and may encourage the propagation of insects.
3. Repairing damage to a basket can actually reduce its value.



This photograph of weavings was made into greeting cards by Tom McCullough. These cards are available to purchase at the MLRC gift shop all proceeds benefit the MLRC.

If you have any questions about the MLRC gift shop please contact Liz Yeahquo (360) 432-3840

The Squaxin Island Museum

Beading Workshop June 26th 2010

First class 9:30-11:30
Second class 2:00-4:00
Limited to 20 people per each class

Cost per person: \$25.00
Squaxin Island members/community Free

We will be making
Dentillium Shell Earrings and Necklaces

Beading classes by Mandy McCullough, Curator for the Squaxin Island Museum.

I am Anishinaabe (Ojibwa-Chippewa) from White Earth reservation in Northern Minnesota. My mother's name is Valerie Marie Parson. My father's name was Elmer Allen McKenzie. Both of my parents are from White Earth reservation.

I have been beading for over 28 years and teaching beading techniques to Tribal members, college students and others for over 20 years.

Contact Mandy McCullough at 432-3843 or mandyandtom2003@yahoo.com



Loan Modification Scams

6 Things You Should Know

Scams aren't always easy to spot - but it helps if you know the warning signs to look for. Here are six red flags to indicate that you maybe dealing with a loan modification scammer:

A company/person asks for a fee in advance to work with your lender to modify, refinance or reinstate your mortgage. They may pocket your money and do little or nothing to help you save your home from foreclosure.

A company/person guarantees they can stop a foreclosure or get your loan modified. Nobody can make this guarantee to stop foreclosure or modify your loan. Legitimate, trustworthy HUD approved counseling agencies will only promise they will try their very best to help you.

A company/person advises you to stop paying your mortgage company and pay them instead. Despite what a scammer will tell you, you should never send a mortgage payment to anyone other than your mortgage lender. The minute you have trouble making your monthly payment contact your mortgage tender.

A company pressures you to sign over the deed to your home or sign any paperwork that you haven't had a chance to read, and you don't fully understand. A legitimate housing counselor would never pressure you to sign a document before you had a chance to read and understand it.

A company claims to offer "government approved" or "official government" loan modifications. They maybe scam artists posing as legitimate organizations approved by, or affiliated with, the government. Contact your mortgage lender first. Your lender can tell you whether you qualify for any government programs to prevent foreclosure. And, remember, you do not have to pay to benefit from government backed loan modification programs.

A company/person you don't know, asks you to release personal financial information online or over the phone, you should only give this type of information to companies that you know and trust, like your mortgage lender or a HUD approved counseling agency.

Office of Housing Highlights

Upcoming Events

Plumbing Basics

Monday, June 14th – 4:30
Administration Bldg – 2nd floor

Pet Care

Basic Obedience and Leash Commands

Monday, July 19th - 4:30
Administration Bldg – 2nd floor

Understanding Your Credit Report (by appointment only)

Please watch for more information in the near future about upcoming classes!

If you have any questions about the scheduled classes or would like to attend, please call Lisa Peters @ 432-3871.

Screen Repair / Flower Basket Workshop

April 21, 2010



Renting your First Apartment?

Tips for College Students

For many, starting college also means moving into your first apartment. Signing your first rental agreement is a serious step that you should be prepared for. In addition, entering into a rental agreement may be your first opportunity to start building up your credit score. Your credit score is extremely important to your ability to own a home, qualify for credit cards, get a cell phone plan, among other needs. You should feel comfortable with the guidelines in your agreement before signing, and feel comfortable that you will be able to pay your rent, security deposit, and other fees. At many larger universities, the end of spring has many owners pre-leasing their apartments or homes for the upcoming fall quarter. Before you begin your housing hunt, we encourage you to review the tips below to make sure you enter into your rental agreement by making an educated decision.

Here are a few tips that Washington State Attorney General Rob McKenna suggests before signing a rental agreement:

Be clear on the length of your lease. Is it for the 9 month academic year or for the full 12 month year?

Know when your rent is due. Ask: what is the latest day that I can pay my rent before a late fee is charged? How much is the late fee?

Know how much your deposit is and if it can be refunded. Also, ask about any application fees and if any amount is refundable to your rent.

Know if utilities are included in your rent. If not, ask how much you should anticipate your monthly utilities being.

If you have a pet, make sure they are allowed. Also, ask if there are any additional fees/damage deposit for your pet.

Ask about the homeowner's insurance and if it covers your belongings in case of an emergency.

If there is yard or common area, ask who is responsible for the upkeep of the area.

Know your rights as a renter! In Washington State, be sure to look over the Residential-Landlord Tenant Act. For more information, including questions to ask your self before moving in with a roommate, visit the Washington State Attorney General's link at <http://www.atg.wa.gov/askcolumn.as>



*Elroy Ellerbee,
Housing Maintenance
Tech. and
Paula Henry*

*Juana Perry,
Occupancy Specialist,
Debbie Obi and
Rebecca Napoleon*



Three of our students made it to State for powerlifting!

Thomas Blueback, Sapphire Ward, Brandon Blueback



Photos by Meghan Brandt

Setting up Your Child's Swingset

Now that spring is upon us, families frequently build swing-sets for children to play on in the yard. Here are some swing-set safety tips:

- Stability is very important. Install the swing set legs in concrete below ground level to avoid a tripping hazard. However, if you use anchoring devices that usually come with the equipment, all pegs should be well below ground level and little or no slack should be in the chain or cable.
- Cap any exposed screws or bolts.
- Do not buy equipment with open-ended hooks, particularly "S" hooks. Avoid: equipment with accessible moving parts which can pinch, scissor or crush fingers; sharp edges or rough surfaces; or rings with a diameter more than five inches but less than 10 inches, since a child's head may become trapped.
- Slides should have a slope of no more than 30 degrees and sidings at least 2 to 2 1/2 inches in height. They should also have an extended exit surface parallel to the ground so children can regain their balance and be in an upright posture at the bottom of the slide.

Safety is No Accident!

For more information, please visit
AMERIND Safety Services

Congratulations Graduates

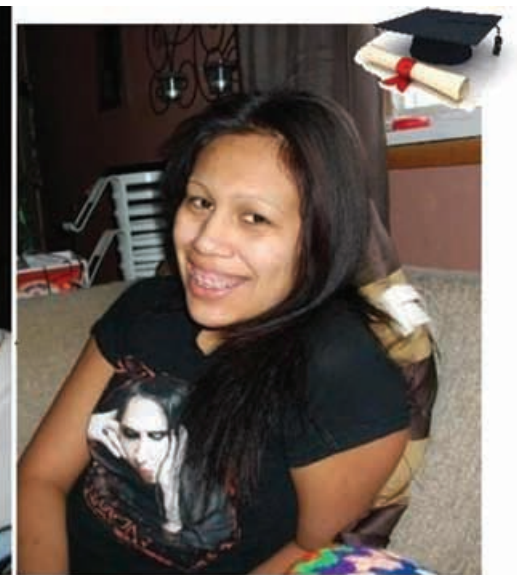
Congratulations to our nieces Sha'Nika and Sapphire and our nephew Thomas! We are so proud of you three!
We hope there are lots more in your future! Remember life is short, so make it worth it!
We love you all very much and congrats!! Love Always, Aunty Lena and Uncle Nick!!



Sha'Nika Cooper



Thomas BlueBack



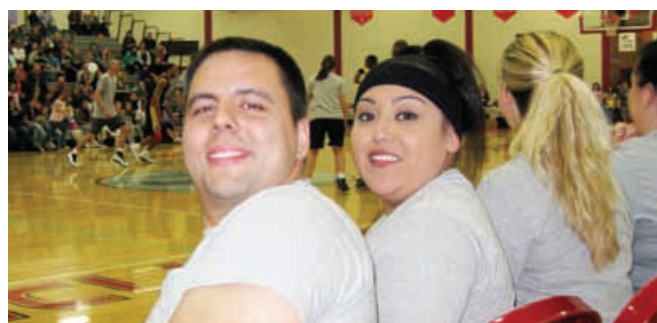
Sapphire BlueBack

congratulations class of 2010



Photos from the Harlem Wizards VS Shelton Shooters game at the High School on May 6th

The pictures are of Madeena "Mango Mama" Rivera, Kris "Pookey" Peters, and Sheriff Casey Salisbury.



Photos by Charlene Abrahamson



Elders Update *Photos and information by Rose Brownfield*

On May 13th, 24 of us attended the Tulalip annual luncheon. They crowned the king and queen of Marysville Strawberry Festival and introduced us to the princesses. All the youngsters sang us a couple of welcoming songs, and we were entertained by the 'Hoop' dancers. Several of our Elders came home with door prizes. Ruth and Stub Creekpaum were introduced to Wii games at the Elders building. We were headed for Elders luncheon at Taholah, when we spotted the elk. Those of us on the bus (some went in our own cars) stopped by the Quinault casino.





Assisted Living Work Group

Elizabeth Egan - The elderly segment of the American population is growing rapidly in both Native and non-Native communities. This is wonderful, because for many of us, it means that we get to have our elders in our lives for longer than we have in recent generations. It also means that we as a community need to be thinking ahead about what we need to do to now and in the future to support daily living for the aging population.

Assisted living can involve social, medical, personal and health care services. Long term care is one form of assisted living that allows elders to remain in their homes, or “age in place.” Long term care supports an individual who has needs for assistance in activities of daily living over an extended period of time. For many Native people, family members provide this type of support for their aging relatives.

Here at Squaxin, we want to make sure that our elders are fully supported so they have the best quality of life and maximum function. We know that if we thoughtfully develop systems of care for our elders, we can have a positive and profound impact on the physical, cultural and spiritual health of the community.

In December 2009, the Squaxin Assisted Living Work Group began meeting monthly to plan for assisted living and long term care. Staff and directors from Administration, Island Enterprises, Clinic, Family Services, Education, Planning and Community Development have teamed up to assess gaps in services and to discuss options for expanding long term care services for elders. The group began by identifying what services the Tribe currently provides for elders.

The Assisted Living Work Group then analyzed what other tribes are doing for elders, what gaps in services have been identified and looked at past elder surveys and data. Squaxin is working on two separate tracks: service-based and facility-based. The facility-based track includes an IEI feasibility study of a fully-assisted operation. The service-based track includes an “age in place” operating plan for independent and intermediate long term care services to enable elders to remain in their homes.

The next step is to continue researching and assessing the best practices and options for streamlined and sustainable Tribally-operated elders’ services and programming. This may result in some changes to the Tribe’s internal programming in order to provide wrap-around services for elders. To support the continued efforts of the Assisted Living Work Group, the Tribe recently submitted a letter of intent to apply for the 2010 Elder Care Initiative Long-Term Care Grant Program opportunity through the Indian Health Service. This grant proposal will support Squaxin’s capacity to plan for sustainable long-term home and community-based care services for Squaxin elders.

Three levels of assisted living or long term care:

Independent

“Independent” care provides services to seniors who are able to live on their own but whose quality of life is improved by a network of social, recreational and home maintenance services.

The Tribe provides many independent care services through its Elders, Family Services, Health and Housing Programs.

Intermediate

“Intermediate” care supports those who enjoy some level of independence, but benefit from services like daily chores, shopping, and medication management.

The Tribe currently has a work group looking at expanding intermediate care in the community.

Fully-assisted

“Fully-assisted” care provides one or more of these services: nursing/convalescent care, hospice care, memory care. Fully-assisted care requires a high level of skilled and credentialed professional staff 24-hours a day.

The Tribe’s economic development arm is looking at business models to determine the viability of a fully-assisted care facility.

Services the Tribe currently provides for elders

HEALTH/CLINIC:

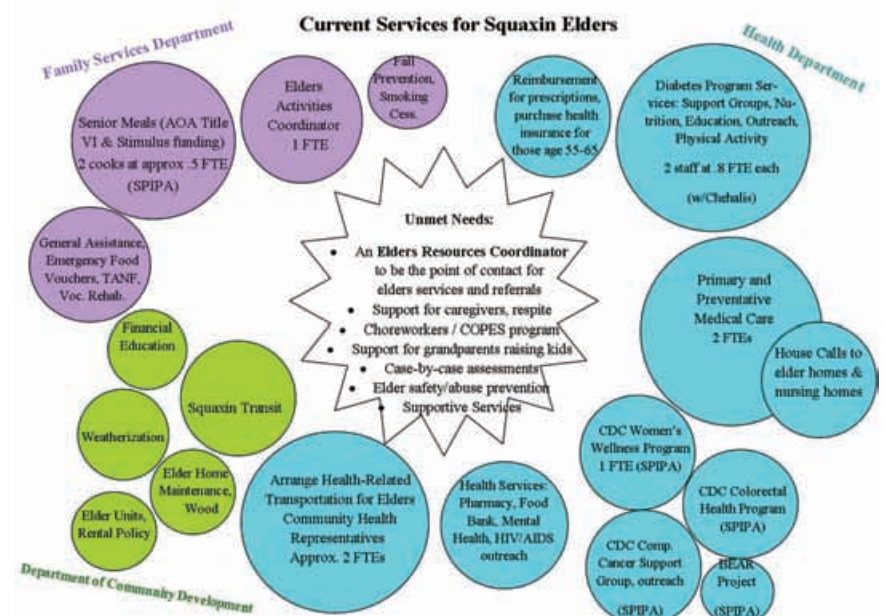
- Primary care practice that provides house calls to personal homes and/or nursing homes
- Diabetes Program Services including support groups, nutrition, education, outreach physical activity
- Services through SPIPA include: CDC Comprehensive Cancer (support group); CDC Colorectal Cancer (outreach, screening, patient navigation); CDC Women’s Wellness (mammography & cervical services); BEAR Project (HIV/AIDS)
- Reimbursement for Medicare Part D (prescription drug reimbursement for elders)
- Purchase Health insurance for tribal members through Basic Health for the 55-65 age group
- Arrange health-related transportation for elders
- Other Health-related services that are available to elders: pharmacy services, HIV outreach education, Pilates class, food bank, mental health

FAMILY SERVICES:

- Elders Activities Coordinator (activities coordination, trips, event planning, newsletter)
- Elders Lunch Program (2 cooks)
- Other Family Services programs that are available to elders: General Assistance, Vocational Rehabilitation, Emergency Food Vouchers, Smoking Cessation and Fall Prevention

DCD/HOUSING:

- DCD assists elders with routine maintenance
- Housing has a separate Rental Policy for the nine elders units
- Other DCD/Housing services that are available to elders: budgeting, weatherization, transit, etc.





Are You FIT?

By: Cheryl Mahlberg, M.A.
Colon Health Program
Patient Navigator
Squaxin Island Tribe



Have you had the opportunity to get your colon FIT test yet? If you are between the ages of 50 and 64 then you should have a yearly colorectal screening test. The Fecal Immunochemical Test (FIT) is an easy and quick way to get that screening done. Call Cheryl at the Health Clinic to schedule a time to get the test kit. We are now offering T-Shirts with a fantastic logo and great incentives for returned kits. At the end of June, anyone that has returned their kit will be eligible to be entered for a raffle drawing of a \$100.00 gift card to Cabela's. So do it for your health, family and to be eligible for our drawing. If you have any questions, call Cheryl at 432-3933 or 426-9007.

SPIPA's Comprehensive Cancer Control Program Spring 2010 Update

Cancer Control STAR Volunteers



The Comprehensive Cancer Control Program is a very successful program and in part a lot of the successes in the community happen because of the Volunteers who devote their extra time to coordinate activities at the Tribes for the Cancer Survivor Support Groups where they organize a monthly meeting with the Cancer Survivors residing on one of the SPIPA Tribes reservation. They select speakers from the resource network available to them through the CCCP Advisory Committee partnerships. These "stars" assist with getting the youth to attend the monthly planning meetings to plan for the Youth P.O.W.E.R. Conference to be held later this summer.

In order to recognize these volunteers for the great work they are doing in the cancer arena for their Tribes we created a "Star of Excellence" award and presented the awards to the volunteers at each of the CCCP program "State of the Union" Update Dinners for each Tribal Community.

Project Coordinator:
John Simmons
simmons@spipa.org
360-462-3226

*Taking the
Journey
Together—
Cancer
Control for the
SPIPA Tribes*

Cancer Control Meetings and Events


- SPIPA CCCP "State of the Union" Update Dinners at each of the Five Tribes, January, February, 2010
- "Recognizing and Documenting Cancer Related Distress and Discomfort" Trainings at each of the five tribes, March 2010
- 2010 Native Men's Wellness Workshop, SPIPA CCCP, Little Creek, April 16/17
- 2010 Cancer Survivor's and Caregivers Conference, Little Creek, May 14/15
- Comprehensive Cancer Control Leadership Institute, Los Angeles, June 7-10
- SPIPA CCCP Native Youth POWER Conference, August 19/20, Little Creek

Grants:

- CCCP Interim Progress Report and FY10 Grant Proposal, January, 2010

*Top row: Julie Palm, Nisqually; Harriet Gouley, Skokomish
Center: Lisa Shipman, Shoalwater Bay
Bottom Row: Charlene Krise, Squaxin Island; Christina*


SPIPA Native Men's Wellness Workshop 2010 Highlights



-Over 65 Attendees
-Topics: Cancer, Diabetes, Heart Disease, HIV & Hep C, Tobacco
-Drum making, portrait studio, Expo Hall, Cedar baskets, health


Cancer Distress and Discomfort Trainings

As part of a national effort to address shortages in the cancer workforce, SPIPA CCCP served as one of four grant-funded sites to implement the C-Change Cancer Pain and Palliative Care Core Competency Initiative. The SPIPA Cancer Control Program strengthened cancer patient's and their caregiver's knowledge, skills, and attitudes on cancer distress and discomfort, by distinguishing from the Western cancer pain, and offering ways to better communicate with caregivers and health practitioners about cancer-related distress and discomfort. The program offered participants a workshop on "Recognizing and Documenting Cancer Related Distress and Discomfort" at each of the five Tribes during the month of March. **Participant's confidence in ability to recognize, document and communicate to their health care provider about their cancer related pain or discomfort improved 121.5 %.** A custom Cancer Journal and Distress/Discomfort Barometer were additional outcomes of this project.



Native Youth POWER Conference

August 19/20,
Little Creek Resort



Cancer Awareness by Month/Events

May 2010

- SPIPA Cancer Survivor's Conference
- Skin Cancer Detection and Prevention month
- National Women's Health Week (9-15)
- Cancer Research month

June 2010

- National Cancer Survivors Day - June 6th
- National Men's Health week (14-20)

July 2010

- UV Safety Month
- Canoe Journey: July 19th landing at Makah

August 2010

- SPIPA Youth POWER Conference

September 2010

- Prostate Cancer Awareness Month
- Childhood Cancer Month
- Ovarian Cancer Month
- Leukemia and Lymphoma Awareness



Children and the Effects of Domestic Violence

Domestic Violence affects every member of the family, including the children. Family Violence creates a home environment where children live in constant fear. Children who witness family violence are affected in ways similar to children who are physically abused...They are often unable to establish nurturing bonds with either parent. Children are at a greater risk for abuse and neglect if they live in a violent home. Statistics show that over 3 million children witness violence in their home each year. Those who see and hear violence in the home suffer physically and emotionally.

"Families under stress produce children under stress. If a spouse is being abused and there are children in the home, the children are affected by the abuse (Ackerman and Pickering, 1989)."

Dynamics of domestic violence are unhealthy for children:

- Control of family by one dominant member
- Abuse of a parent
- Isolation
- Protecting the 'family secret'

Children react to their environment in different ways, and reactions can vary depending on the child's gender and age. Children exposed to family violence are more likely to develop social, emotional, psychological and or behavioral problems than those who are not. Recent research indicates that children who witness domestic violence show more anxiety, low self esteem, depression, anger and temperament problems than children who do not witness violence in the home. The trauma they experience can show up in emotional, behavioral, social and physical disturbances that effect their development can continue into adulthood.

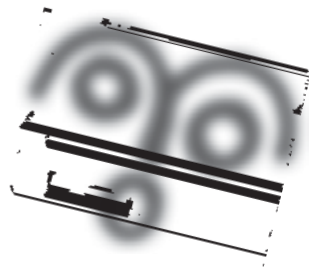
Some potential effects:

Emotional

- Grief for family and personal losses.
- Shame, guilt, and self blame.
- Confusion about conflicting feelings toward parents.
- Fear of abandonment, or expressing emotions, the unknown or personal injury.
- Anger.
- Depression and feelings of helplessness and powerlessness.
- Embarrassment.

Behavioral

- Acting out or withdrawing.
- Aggressive or passive.
- Refusing to go to school.
- Care taking; acting as a parent substitute.
- Lying to avoid confrontation.
- Rigid defenses.
- Excessive attention seeking.
- Bedwetting and nightmares.
- Out of control behavior.
- Reduced intellectual competency.
- Manipulation, dependency, mood swings.



Social

- Isolation from friends and relatives.
- Stormy relationships.
- Difficulty in trusting, especially adults.
- Poor anger management and problem solving skills.
- Excessive social involvement to avoid home.
- Passivity with peers or bullying.
- Engaged in exploitative relationships as perpetrator or victim.

Physical

- Somatic complaints, headaches and stomachaches.
- Nervous, anxious, short attention span.
- Tired and lethargic.
- Frequently ill.
- Poor personal hygiene.
- Regression in development.
- High risk play.
- Self abuse

Through the Eyes of a Child

Did I do something wrong to make you lose control?
Anger so strong or do you even know?
That when you come home I want to run and hide
The pain is so deep that I keep it inside
I'm not the same because of you
Always afraid of what you'll do
If only you could see yourself through my eyes
You'd know why (I'm dying inside)
Sometimes I need a firm, but gentle hand
Someone who cares and understands
That I am still learning but I just can't take
This abuse, from you. There is no excuse
I'm not the same because of you.
Always afraid of what you'll do
If only you could see yourself through my eyes.
You'd know why (I'm dying inside)
This is no way to live, if you try to change I'll try to forgive.
(From CHANCE; Changing How Adults Nurture Children's Egos)



Who Are They? Answer From Page 3

*Vince Henry Jr.
& Vince Henry Sr.*



Elder Abuse

Seeing the pain in our Elder's eyes as they talk about atrocities (shockingly cruel acts) they suffered often by someone they love, especially by a son or daughter, has been one of the hardest parts of my job. I was taught that our Elders are to be respected! What has happened to the people in our communities that cause our Elders such pain?

What are the warning signs of Elder Abuse?

- Unexplained withdrawal from normal activities, a sudden change in alertness and unusual depression may be indicators of emotional abuse.
- Sudden changes in financial situations.
- Behavior such as belittling threats and other uses of power and control by individuals are indicators of verbal and emotional abuse.

What is Elder Abuse?

Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect and abandonment. Perpetrators include children, other family members and spouses.

Types of Elder Abuse

Elder abuse includes physical, emotional, psychological or sexual abuse as well as financial or material exploitation, neglect or abandonment. Exploitation - unfair treatment or the practice of taking selfish or unfair advantage of a person or situation, usually for personal gain, misuse, abuse, mistreatment, manipulation, corruption.

Who commits Elder Abuse?

In almost 90% of Elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators of Elder abuse are the children or spouse of the Elder being abused.

Who Are The Abusers of Elder Abuse?

Perpetrators of Elder abuse are both women and men. Family members are more often perpetrators than any other group. Data show that adult children of the Elder were the most common perpetrator.

We need to stand up and speak up against Elder Abuse! If we can start speaking up against Elder Abuse, we can start the healing process. If we remain silent, we become part of the problem!

Our Elders need to be held up with respect and love!
Our Elders should not have to live in fear,
Our Elders should not be taken advantage of,
Our Elders should not be financially exploited,
Our Elders should not be abused in any form.

If you know of any Elder that is being abused, please let someone know. If you see someone abusing an Elder, tell them, that is Elder abuse, and you will report it to the Domestic Violence Advocate!

Gloria J. Hill

432-3927 or 463-7051

All calls are kept confidential.

Resources: Elder Justice Now, A National Campaign To Protect Older Americans from Abuse

'Spring' Into the Pool

What's Happening?

Tribal Family Members Find Joy at the Pool- Hope you will, too!

Preparing for the July 7th Canoe Journey ~ Contact Jeremiah at ext. 3968

Lost Fear of Water ~ "My time at the pool is very positive. I have lost my fear of water which was my goal this year for being in the Canoe Journey. I am a morning person, so 6:00 a.m. Lap Swim is good for me. I am also new to the Pool, and enjoy Molly (Lifeguard) and learning about the use of goggles, swim strokes and breathing." Paula Henry

Water Aerobics to Lose Weight for 'The Biggest Loser' ~ Contact Janita at ext. 3972. "The pool is great for helping lose weight and for getting some exercise, especially at my age! It is a good exercise ... I didn't think I would like it and I do like it! I recommend it to anybody, and especially people that have arthritis, people whose joints get stiff. It is much easier to do exercising in the water than out." Elaine Moore, Winner of the Biggest Loser/April 2010

Enjoying Swim Lessons ~ "This is a wonderful facility with a superb staff! My daughter has advanced her swimming skills more in the last month than in the previous year ... a true testament to the great things going on here." Mike Dahman

"I love it here! It's a place where I can relax!" Ashley Dolge (age 8)

Family Time at Open Swim ~ Kim Burrow

"My daughters and I have found heaven on earth at the pool. It has brought us closer and is making us healthier in both mind and body. Life without this pool would just be awful."

Staying Connected

A meeting with the Young Adult Assessment Team resulted in great ideas.

1. To have a monthly pool
2. To get basketball and volleyball nets.
3. To have competitive sport events with incentives
4. To run a CPR/1st Aid class
5. To run a Lifeguard Training Course

Thank you YAAT Team!

The Diabetes Program has made the Pool a major aspect of this year's grant.

We are enjoying their focused attention to getting the word out about the pool; times open, activities and the results of pool exercise. Simply water-walking can make a huge difference in your metabolism, core muscle strength and energy. Partnering for health makes good sense.





What is Dementia?

Dementia is not a specific disease. It is a descriptive term for a collection of symptoms that can be caused by a number of disorders that affect the brain. People with dementia have significantly impaired intellectual functioning that interferes with normal activities and relationships. They also lose their ability to solve problems and maintain emotional control, and they may experience personality changes and behavioral problems such as agitation, delusions, and hallucinations. While memory loss is a common symptom of dementia, memory loss by itself does not mean that a person has dementia. Doctors diagnose dementia only if two or more brain functions – such as memory, language skills, perception, or cognitive skills including reasoning and judgment – are significantly impaired without loss of consciousness.

What Are The Different Kinds of Dementia?

Alzheimer's disease is the most common cause of dementia in people aged 65 or older. In the early stages of AD, patients may experience memory impairment, lapses of judgment, and subtle changes in personality. As the disorder progresses, memory and language problems worsen and patients begin to have difficulty performing activities of daily living, such as balancing a checkbook or remembering to take medications. They may have difficulty navigating an unfamiliar route. They may become disoriented about places and times, may suffer delusions (such as the idea that someone is stealing from them or that their spouse is being unfaithful), and may become short-tempered and hostile. During the late stages of the disease, patients begin to lose the ability to control motor functions. They may have difficulty swallowing and lose bowel and bladder control. They eventually lose the ability to recognize family members and to speak. As AD progresses, it begins to affect the person's emotions and behavior. Most people with AD eventually develop symptoms such as aggression, agitation, depression, sleeplessness, or delusions.

Vascular dementia is the second most common cause of dementia, after AD. It accounts for about 20 % of all dementias and is caused by brain damage from cerebrovascular or cardiovascular problems – usually strokes. Symptoms of vascular dementia often begin suddenly after a stroke. Patients may have a history of high blood pressure, vascular disease, or previous strokes or heart attacks. Vascular dementia may or may not get worse with time, depending on whether the person has additional strokes. In some cases, symptoms may get better with time. When the disease does get worse, it often progresses in a stepwise

manner, with sudden changes in ability. Vascular dementia with brain damage to the mid-brain regions, however, may cause a gradual, progressive cognitive impairment that may look much like AD. Unlike people with AD, people with vascular dementia often maintain their personality and normal levels of emotional responsiveness until the later stages of the disease.

Lewy body dementia (LBD) is one of the most common types of progressive dementia. LBD usually occurs sporadically, in people with no known family history of the disease. However, rare familial cases have occasionally been reported. The symptoms of LBD overlap with AD in many ways, and may include memory impairment, poor judgment, and confusion. However, LBD typically also includes visual hallucinations, parkinsonian symptoms such as a shuffling gait, and flexed posture, and day-to-day fluctuations in the severity of symptoms.

Front temporal dementia (FTD), sometimes called frontal lobe dementia, describes a group of diseases characterized by degeneration of nerve cells – especially those in the frontal and temporal lobes of the brain. Because structures found in the frontal and temporal lobes of the brain control judgment and social behavior, people with FTD often have problems maintaining normal interactions and following social conventions. They may steal or exhibit impolite and socially inappropriate behavior, and they may neglect their normal responsibilities. Other common symptoms include loss of speech and language, compulsive or repetitive behavior, increased appetite, and motor problems such as stiffness and balance problems. Memory loss also may occur, although it typically appears late in the disease.

Primary progressive aphasia (PPA) is a type of FTD that may begin in people as early as their forties. "Aphasia" is a general term used to refer to deficits in language functions, such as speaking, understanding what others are saying, and naming common objects. In PPA one or more of these functions can become impaired. Symptoms often begin gradually and progress slowly over a period of years. As the disease progresses, memory and attention may also be impaired and patients may show personality and behavior changes.

WARNING SIGNS OF DEMENTIA

- Memory Loss, especially of recent events, such as placement of objects and new information
- Confusion about time and place
- Struggling to complete familiar actions
- Trouble finding the appropriate words, completing sentences, and following directions and conversations
- Poor judgment when making decisions
- Changes in mood and personality, such as rapid and persistent mood swings, increased suspicion, withdrawal & disinterest in usual activities
- Difficulty with complex mental assignments, such as balancing a checkbook or other tasks involving numbers

Resources:

MedicineNet.com We bring Doctors Knowledge To you!

Father's Day Baseball Tickets



Friday June 18, 2010; 7:10pm game time
Mariners vs. Cincinnati Reds

Parents can pick up tickets for themselves and their children only, NO exceptions.

Tickets will be available on a first come/
first serve basis for pick up ONLY on
Thursday June 17, 2010 between the hours of
1pm and 4pm.
See Lisa Evans at TLC

This is a drug and alcohol free prevention
family activity.



Smoking and Diabetes

Submitted by Janita Meyer,

Prevention & Wellness Advocate & Patty Suskin, Diabetes Coordinator

Improve your health over time

After quitting The results

20 minutes	Blood pressure and pulse rate drop to normal and circulation increases to your hands and feet.
1 day	Your chance for a heart attack has already gone down.
2 days	Your ability to smell and taste has improved & walking becomes easier.
1 year	Your risk of coronary heart disease is cut in half.
5 years	Your risk of cancer of the mouth, throat and esophagus is cut in half.

Diabetes and smoking: a risky combination!

- People with diabetes are three times as likely to die of cardiovascular diseases. Smoking and diabetes together make you 11 times more likely to die of a heart attack or stroke.
- Smoking raises your blood sugar levels AND cuts your body's ability to use insulin, making it hard to control your diabetes. Smoking ONE cigarette reduces the body's ability to use insulin by 15%.
- Smoking increases your cholesterol levels and the levels of other fats in your blood. This increases your risk of having a heart attack.
- Smoking cuts the amount of oxygen reaching tissues. This can lead to a heart attack or stroke. Pregnant women who smoke are more likely to have a miscarriage or stillbirth.
- People with diabetes who smoke are twice as likely to have circulation and wound healing problems. These can lead to leg and foot infections, sometimes requiring amputation.
- Smokers with diabetes are more likely to develop nerve damage (neuropathy) and kidney disease (nephropathy).
- Smoking increases your chances of permanent vision loss or blindness.
- Smoking increases muscle and joint pain.
- Smoking can cause impotence.
- Smokers with diabetes have more problems with dental disease, bleeding gums and ulcers.

Myths and truths about diabetes and smoking

MYTH: Diabetes is already going to 'get me', so it doesn't matter if I smoke.

TRUTH: Most people who control their diabetes can prevent or delay complications for many, many years. Smoking wipes out all of your hard work to keep complications away. It is smoking that will 'get you' in the end.

MYTH: Smoking makes me feel better. There are so many things about diabetes that make me feel bad (e.g., injections, fingersticks, high and low blood sugars)

TRUTH: Smoking - like any drug - gives you that good feeling for a short time. Every time you smoke, you do more damage to your body. Find other ways to relieve stress (exercise, pets, etc.) and make a healthy change!

Make a healthy change!

- Become a non-smoker. In the United States, 44.8 million people have quit smoking for good (National Center for Health Statistics, 1998). You can too!
- Keep a positive attitude. Instead of telling yourself, "I can't quit" or "I need a cigarette," reinforce the positive by saying, "I'm becoming healthier," and "I'm improving the quality of my life."
- Change your habits. Take a walk after meals. Try fruits, vegetables, or sugarless gum. Visit places where smoking is not allowed. Go walking, swimming or bicycling (make sure you check with your doctor first).
- Share your commitment. Consider telling close family and friends about your decision to quit. Ask for their support whenever you feel the urge to smoke.
- Make cigarettes history! Get rid of cigarettes, lighters, and matches. Have your teeth cleaned. Air out and wash the inside of your house and car. Wash your clothes. Make your car and home smoke free!

Contact Janita Meyer at Family Services at (360)432-3972 or your Health Provider for more information about the program at Squaxin Island Tribe.

Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Health Promotions Programs

We have exercise videos
in the building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight,
we can provide support.
If you are Native American and over 18,
see if you qualify to participate.

Community Health Walk

Thursday, June 15th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
The tribe with the most walkers each
month wins the walking stick.
We won it in October ...
can we get it back in June?

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929





Outdoor Activity of the Month

Beautiful Lake Sylvia waits only a short drive away

Submitted by Patty Suskin, Diabetes Coordinator

TO DO

This is the time of year when Lake Sylvia State Park is at its best. This beautiful 233-acre park offers good fishing for trout and bass, great campsites, wonderful picnic spots and it's all less than 40 miles from South Sound. Campsites for summer holiday weekends — such as the Fourth of July and Labor Day — are usually reserved months in advance, but it's easy to get a spot on summer weekdays and most weekends. Nothing is sweeter than camping on a weeknight at Lake Sylvia and then gliding back to South Sound in time for work. Many families camp during the week at the park. One of the parents comes into South Sound for the workday, while the rest of the folks hang out at the lake and have fun. Lake Sylvia is in the hills above Montesano, and the lake is bathed in warm sunshine most of the day. The nights are cool and comfortable. Lake Sylvia has a wonderful swimming beach, and there is a children's play area nearby. There are also five miles of scenic hiking trails, a boat ramp and plenty of chances to see deer, elk, birds and some whopping Douglas fir and cedar trees. There is a boardwalk for fishing and walking. The park also has a trailhead for the two-mile Sylvia Creek Forestry Trail.

CAMPING

Lake Sylvia is open to camping from April 1 to Sept. 30. There are 35 standard campsites, six camps for hikers or cyclists and one group camp. Reservations are a very good idea. To reserve a campsite, call 888-226-7688 or go to www.parks.wa.gov. A standard campsite is \$21 a night, a full-utility campsite is \$26 a night and a primitive campsite is \$14 a night. Check-in time is 2:30 p.m. and checkout time is 1 p.m.

PICNICKING

There is one kitchen shelter without electricity, one sheltered picnic table and 75 unsheltered picnic tables. To reserve the kitchen shelter, call 888-226-7688. Bathrooms.

BOATING

There is a boat ramp. Electric motors are allowed, but gasoline motors are not. This lake is perfect for a small boat, canoe or kayak.

HOURS

Day use hours are 8 a.m. to dusk. Quiet hours for campers are from 10 p.m. to 6:30 a.m.

DIRECTIONS

Just outside of Montesano. From the reservation, take Hwy 108 past Little Creek Casino toward McCleary & to U.S. Highway 8 which turns into Hwy 12 past Elma. Take the Lake Sylvia exit. Turn right and drive into Montesano on Main Street. Turn left onto Spruce Avenue. Turn right onto N. Third Street, which becomes Lake Sylvia Road. The road ends at the park. There are state park directional sign

SAFETY

Keep a close eye on children, as the lake shore drops off to deep, cold water very quickly. It is easy to get lost if you wander off the trail.

More information: Call 888-226-7688 or go to www.parks.wa.gov.



Metabolic Syndrome

The Diabetes Prevention Program has had a change in the way that we determine if a client is eligible to join the SDPI program. We can now allow clients to enter the program that have not previously been diagnosed with 'Pre-Diabetes,' but are or can be diagnosed with "Metabolic Syndrome" by a physician.

The National Institutes of Health Defines Metabolic Syndrome as follows:

1. Abdominal obesity: waist circumference >35 inches in women or 40 inches in men
2. Triglycerides >150 mg%
3. HDL-cholesterol <50 mg% in women or <40 mg% in men
4. Blood pressure >130/85 mm Hg
5. Fasting plasma glucose >110 mg%

If you have been diagnosed with or you think that you may have at least three of the risk factors listed above and you are interested in joining the Diabetes Prevention classes, please contact Melissa Grant at (360)432-3926 or via email at mgrant@squaxin.nsn.us so I can set you up with an appointment to determine whether or not you are eligible to join the Diabetes Prevention Program.

Sincerely,

Melissa Grant

Diabetes Prevention Program CHR

Breastfeeding

Reduces Risk of Diabetes and Obesity

Submitted by Patty Suskin, Diabetes Coordinator

By breastfeeding your baby, you can reduce the risk of diabetes for both you and your baby. Also, breastfeeding can reduce the risk of your child becoming overweight or obese. If you are pregnant, consider breastfeeding.

Slow down your eating to Trim down

Submitted by Patty Suskin, Registered Dietitian

Studies show that people who eat quickly until full are three times more likely to be overweight. The World Health Organization classifies around 400 million people as obese, 20 million of them under the age of five. The condition raises the risk of diseases like type 2 diabetes and heart problems. It takes about 20 minutes for your brain to get the message that you have eaten something, so give your stomach some time to send that message by slowing down your eating.



Meal Program Entrees June 2010

Tues., 1:	Soup & Sandwich
Wed., 2:	Baked Chicken
Thurs., 3:	Pork Stir Fry
Mon., 7:	Hot Turkey Sandwich
Tues., 8:	Soup & Sandwich
Wed., 9 :	Beef Roast
Thurs., 10:	Baked Fish
Mon., 14:	Pizza
Tues., 15:	Soup & Sandwich
Wed. 16:	Breakfast for Dinner
Thurs., 17:	Sandwich
Mon., 21 :	Fish & Chips
Tues., 22:	Soup & Sandwich
Wed., 23:	Deluxe Cheeseburgers
Thurs. 24:	Stuffed Peppers
Mon., 28:	Tuna Casserole
Tues., 29:	Soup & Sandwich
Wed., 30:	Chalupa

Menu Subject to Change

Need Food? Check these out..

WIC @ SPIPA

Provides healthy foods and nutrition information for you and your child up to age 5
Please bring: your child, medical coupons or paystub & identification
Monday, June 7th, 9 a.m. to 4 p.m.
Contact Debbie Gardipee-Reyes:
462-3227

Dates subject to change

USDA FOODS AT SPIPA

**Monday, June 7th
10 a.m. to noon**

Contact Shirley or Bonita at
438-4216 or 438-4235

Dates subject to change

FOOD BANK

At Health Promotions Building
If you need access to the food bank at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for fresh produce or bread, let me know.
Contact Melissa Grant: (360)432-3926

Pregnant? Consider Breastfeeding Your Baby

Submitted by Patty Suskin, Registered Dietitian

You will have just the right amount of breastmilk. Think back to your ancestor's days...Did the women have enough breastmilk to feed their babies? Of Course! What else was there?



Here is the truth:

Breastfeeding makes more breastmilk. That means the more your baby breastfeeds, the more milk you make. It's that simple. Women have enough breastmilk if they continue to exclusively feed their babies breastmilk.

Women in your community have shared some thoughts about their breastfeeding experiences:

"I chose to breastfeed to have a closer bond with my child & to give them a healthier life. Breastfed babies get sick less, because the breastmilk builds up their immune system."

"Baby knows best how much it needs to feel full, and won't overeat or undereat. The baby is in charge"

"Breastfeeding is easier than bottle feeding. The milk is ready all the time. Nothing to mix up and always the best temperature. It is easier than carrying around & cleaning all that extra stuff. Besides, formula is expensive & sometimes the baby cannot drink certain formulas."

"When you breastfeed, you have a relationship with your baby that no one else can have. It is a worthwhile commitment for a short period in your life."

Yes, babies do need to eat often. Newborns need to eat 8 to 12 times a day. Did you know that when babies are born, their stomachs are only the size of a shooter marble? By a week, the stomach is the size of a walnut and can hold 2 ounces. When Mother Nature does the portion control, babies learn to eat the right amount and grow healthy & strong. ***While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby.***

For more information:

<http://www.womenshealth.gov/breastfeeding/>

IHS resources : <http://www.ihs.gov/MedicalPrograms/MCH/M/bf.cfm>


Don't have internet? We can mail you information.

For Breastfeeding Questions:

Call Women's Health Breastfeeding Hotline	1-800-994-9662
IHS breastfeeding tollfree hotline (Suzan)	1-877-868-9473,
Capital Medical Center (ask for Sue Knight)	1-360-956-3587
St. Peter's Hospital	1-360-493-5270
Mason General	1-360-427-9558
Debbie Gardipee-Reyes at your WIC Clinic	1-360-462-3227.

In some situations, such as the mom is dependent upon illicit drugs, breastfeeding is harmful to the baby. If you have questions, check with your health care provider.

Health Fair at the Gym June 25th



WIC
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you and
your child up to age 5.

Please bring:
Your child,
Medical coupons or paystub and
Identification

**MONDAY,
JUNE 7th is
WIC DAY at
SPIPA**

**Call Debbie Gardipee-Reyes at
SPIPA 360 462-3227**



HEALTH CLINIC



Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four Fight BAC!® guidelines to keep food safe:



- **Clean**—Wash hands and surfaces often.
- **Separate**—Don't cross-contaminate.
- **Cook**—Cook to proper temperatures, checking with a food thermometer.
- **Chill**—Refrigerate promptly.

Shopping

- Purchase refrigerated or frozen items after selecting your nonperishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.



2

- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored unopened on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years—if the unopened can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

Thawing

- **Refrigerator**—The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- **Cold Water**—For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- **Microwave**—Cook meat and poultry immediately after microwave thawing.



Car seat inspection and Installation help now available

Would you like information on....

How to properly install your child's car seat in your vehicle?

When it's time to change your baby from rear facing to forward facing?

What type of car seat your child should be in?

Is my car seat installed correctly?

Contact Janita Meyer
Certified Child Passenger Safety Technician,
For an appointment
360-432-3972



QUESTION: Can 3 car seats that touch each other be installed side-by-side on the rear seat of a vehicle?

GRACO ANSWER: It is permissible for 3 car seats to be installed side-by-side if ALL of the conditions stated below are met.

1. Each position must be an acceptable seating position for the type of car seat being used. Read the vehicle and car seat owner's manuals for approved seating positions. Not all vehicle seat belts can be used with all child restraints.
2. Each car seat must be securely installed using either LATCH or the vehicle seat belt. A seating position should NOT be used if side-by-side car seats do not allow enough access to properly engage and tighten the LATCH or vehicle seat belt and to check the secure installation by pulling front to back and left to right.
3. Adjacent car seat components should NOT touch the release buttons for the vehicle seat belt or LATCH lower anchors. If the release button is inadvertently pressed while traveling or during an accident, the car seat may not remain securely held in the vehicle.
4. Touching side-by-side car seats are OK as long as the car seats are not trying to occupy the same space. They should not be forced together, should not overlap each other, and should not be forcefully squeezed together.



**DSHS State Financial Worker
(Terri Butler)
in the Clinic**

**Tuesday & Friday
8:30 am to 4:30 pm**

**No need to go downtown to
see if you qualify.**

**Call her on her direct line
for more information:**

(360) 432-3920

THE LOVE SEAT



**Kids Up to Age 8
Need Booster Seats**

A booster seat raises a child up so the seat belt fits, preventing the child from being thrown from the car in a collision or suffering severe abdominal or spinal cord injuries.

A message from the medical community and the Washington Traffic Safety Commission to Oregonians.
For more information go to www.boosterseat.org www.wa.gov/wtsc or call 1-800-BUCKLE-UP.



COMMUNITY



Happy Birthday

Alexandrea Cooper- Lewis	01	Laken Bechtold	09	Kamela Byrd	18
Jenene Miller-Todd	01	Kimberly Peterson	09	Tasha Rodriguez	18
Alonzo Grant	01	Pamela Hillstrom	09	Andrea Wilbur	19
Tyrone Krise	03	Julie Van Horn	09	Thomas Farron	19
Rocky Bloomfield	03	George Sumner	09	Vicki Kruger	19
Francis Peterson	03	Tamie Rioux	10	Nicholas Armas	19
Jayde Smith	03	Alex Ehler	11	Andrea Shirck	19
Victoria Rodriguez	04	Brandon Greenwood	12	Jacob Johns	19
Malachi Johns	04	Teresa Ford	13	Jason Longshore	20
James Sen	04	Ana Pinon	14	Verna Henry, II	20
Wendy Harding	04	Raymond Henry	14	Donald Whitener	20
Julie Goodwin	05	Stephanie Tompkins	14	Shelby Todd	20
Debra Tennis	05	Janette Sigo	14	Eugene Galos	20
Emily Whitener	05	Casey Brown	15	Jaime McFarlane	21
Dominique Mc Farlane	06	Kylind Powell	15	Kyleigh Peterson	21
Alyana Van Horn	06	Dorothy Nelson	16	Beau Henry	21
Kim Olson	07	Kristin Penn	16	Laurinda Thomas	21
David Elam	07	Yvonne Bell	16	Rod Schuffenhauer	21
Trisha Blueback	07	Trent Brown	16	Wynn Clementson	21
David Krise	07	Andrew Sigo	16	Monica Nerney	22
Randall Aldrich	07	Jackson Cruz	17	Alexander Smith	22
Elizabeth Seymour	08	Kevin Bloomfield	17	Rose Blueback	22
Paula Henry	08	Ronald Whitener	17	Tamika Green	23
Lori Hoskins	08	Daniel Napoleon	18	Christopher Cain	24
				Katherine Smith	25
				Joanne Decicio	25
				Arthur Pleines	26
				Candace Sumner	26
				Andrew Barker	26
				Robert Cooper	27
				Geraldine Bell	27
				Charles Bloomfield, Jr.	28
				Hurricane James	28
				Jeremiah George	28
				Kaitlyn Burrow	29
				Jessica Cruz	29
				Fleet Johns	29
				Zachary Hetzler II	29
				Neekie Perez	30
				Joshua Mason	30
				Dakota Lorentz	30

What's Happening

		1	2	3	4	5
			Public Budget Hearing 4:00 Family Court	AA Meeting 7:30	Sgwi' Gwi 5:00 Summer Youth job applications are due	
6	7	8	9	10	11	12
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
13	14	15	16	17	18	19
				AA Meeting 7:30		
20	21	22	23	24	25	26
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30	Health Fair Gym	
27	28	29	30			

Shaker Prayers and Services

Rose and Mike Davis are available
for Shaker prayers and services
Please call 877-0820

Squaxin Bible Study

Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court
Pastors Ron and Kathy Dailey



COMMUNITY



**Happy 7th Birthday
6/6/2010**

**To Our Pretty Girl Princess
Baby Girl
Dominique Rosalee McFarlane**



**Congratulations Traci!
In May Traci received her
5 years of sobriety coin and
recently reached her year mark
for not smoking.
Enjoy your sober & happy
life!!
Love your family,
Toby & Macy!!
We love you!**

**A Very, Very
Happy Birthday Ray!!!**

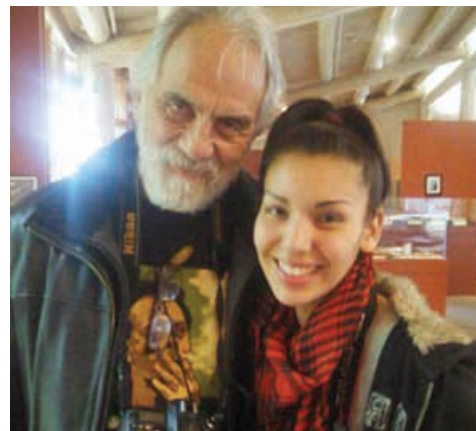


**We Love You Bunches,
Hearts & Oceans
Love, Mom, Dad, Sissy &
Brother**

**We Love You!
Love Your Elder Sister, Barb**



Happy Birthday Krystal!



**Love, Mom, Hailey,
Kendra & Leah**

To Ramona



**With all my love
to my little sister!
Love, your big sister, Barb
Love you very much!**

A Very, Very Happy Birthday to My Baby Girl, Joanne!



**loads & Loads of Love
Love Mom & The Whole Kitten Kaboodal**

**Happy Belated
Sweet 16th Birthday
Kassidy**



**And Congratulations For
Being Nominated for
Secretary of Your Junior Class!!
Love, Your Family**





Pete Kruger and Josh Mason meet
and greet famous country artist
Dwight Yoakam



Over \$20,000 in cash and prizes!

BINGO AT THE CREEK

June 11th at 6:30pm
June 12th at 2:30pm & 6:30pm

***Wear a crazy hat and receive
a free bingo game!***

\$69 stay for participants*

LITTLE CREEK
CASINO • RESORT
www.little-creek.com

IT'S NOT HOW FAR YOU GO, IT'S HOW FAR YOU GET AWAY

Restrictions may apply. Must be over 18 to play.

Located in the Skookum Creek Event Center.

*Valid for Bingo participants, must show Players Club Membership.



Friday, June 18th at 8pm

Tickets on sale now! \$70/\$60/\$50

For tickets visit the box office or purchase online at
www.little-creek.com or call 360-432-7300

LITTLE CREEK
CASINO • RESORT

Must be 21 and over. For skyboxes call 360-432-7107